

# INTERNATIONAL FIGURE SKATING SUMMER CAMP 2020

18 – June – 1 July

Nederland / Den Haag

BEGINNERS – HIGH LEVEL – ADULT SKATERS

[www.hollandiceacademy.nl](http://www.hollandiceacademy.nl)

## PROGRAM

### DESCRIPTION

The Figure Skating Camp in Holland is designed all Skaters. Its lasts 14 days and it is full of intensive training with high professional Coaches.

Every day we will do a lot of activities on and off the ice, to improve skating skills, lot of time together but above all, we will share our passion for figure skating.

### DAILY PROGRAM

- Off ice Training (Legs, Warm-up, Stretching, Jumps)
- Ice Warm-up (The basis of figure skating, Steps and jumps)
- Coaching in group lessons. Daily activity (2 ice sessions + 2 off ice sessions).
- Dance Room and Creativity Laboratories
- Video Analysis (Possibility of work in private with top skilled coaches regarding video analysis.)
- Rotator – Vestibular Stimulator (HIA own vestibular stimulator, one manual and one electric. Possible to work extra in private with rotator specialists, please contact us for more details.)
- Evening Seminars about Figure Skating and Rule (Technic specialist)
- Private Lessons (Our professional coaches are available for private lessons in extra: jump Technic spins Techni harness work, Skating skills work, Choreographic work)
- Physical Therapist- Physio
- Tour and fun activities on the area (optima)

### Tool and Equipmen

#### HIA Provide

Coaches and assistance

#### Skaters Bring OWN

Skating Boots 😊  
Stretch Resistance Bands (1,5mm)

# OVERVIEW

## Goal of the Course

The goal of this figure skating summer camp in NEDERLAND, is sharing our passion for figure skating. We want to help you learn or improve your skills but most of all have a whole lot of fun in one of the most beautiful parts of NEDERLAND.

## Perfect For

- Young Skaters
- Performance Skaters
- Adult Figure Skaters
- People interested in Learning Figure Skating

## Requirements for Participants

- Basic Level of Figure Skating
- Over 18 years old.

# CAMP DETAILS

- Den Haag / Nederland
- 14 Day / 13 Nights
- Group of up to 34 Skaters.
- English, Dutch, Romania, Russia, Turkish

## CAMP SCHEDULE

**Trainings start begins at 18 June Thursday and ends at 1 July Wednesday**

**Week 1:** 18.06. - 25.06. 2020  
(Arrival day 17.06. 2020)

**Week 2:** 25.06.- 01.07. 2020  
(Arrival day - 24.06. 2020)

## CAMP INCLUDES

- 2 hours on ice / per day
- 2 hour off - ice / per day

# **PRICE AND PAYMENT**

## **ADDITIONAL PRIVATE LESSONS**

Skaters will also be able to take private lessons with all official camp coaches. Price for 1 lesson (45 min.) is 45 EUR

## **PROGRAM, CHOREOGRAPHY**

1. Short Program 2:30- 2:50 Price: 125 EUR
2. Free Program 2:50- 3:30 (+- 10 sec.) Price: 175 EUR  
Music is not included

## **VESTIBULAR SIMULATOR**

New training apparatus Vestibular Simulator Price for 1 minute is 1 EUR

## **PROFFESIONAL SHARPERING & BLADE MOUNTING**

1. Sharpening- 10 EUR
2. Blade Mounting- 30 EUR

## **TRANSPORT**

### **Buss transport**

-Group 4 and more persons: 27 EUR / per person / one way

### **Car transport**

- 3 persons: 31 EUR / per person / one way
- 2 persons: 46 EUR / per person / one way
- 1 person: 93 EUR / one way

## **PRICE FOR CAMP**

1. Skater / Adult Skater (1 week) - 390 EUR
2. Parent / Accompanying person (1 week) - 335 EUR

## **Price for Holland Ice Academy included**

1. Training session
  - 14 lessons on ice / per week
  - 14 lessons off-ice / per week (**Dance, Actin Class, Ballet Class**)

## **REGISTRATION FEE - DEPOSIT- REST PAYMENT**

To participate to the camp, you must pay 190 EUR **31st March 2020** (by bank transfer)., The rest of the payment no later than **31 May 2020** (by bank transfer). Advance payment is required for ensuring a place in the camp and is not refundable.

# GENERAL CONDITIONS

This application does not guarantee the participation to Holland Ice Academy Camp until we receive advance payment on our bank account. Everyone has to pay a registration fee, including parents or accompanying persons. Please, send the registration form and confirmation of the deposit payment to our e-mail address:

**[hollandiceacademy@gmail.com](mailto:hollandiceacademy@gmail.com)**

The registration is open until 31 March 2020. Each camp week begins with welcome dinner on the day of arrival. The dinner takes place at 18 o'clock. Therefore, we recommend buying the flight tickets with respect to the time the welcome dinner.

## **BANK DETAILS**

Bank: **ABN-AMRO**

Account name: **HOLLAND ICE ACADEMY**

Swift Cod / Bic: **ABNANL2A**

IBAN: **NL 15 ABNA 0246 8298 85**

Address: **Luitstraat 20 2287 TP Rijswijk / Netherlands**

Please make sure to mark in the message skaters full name

Please note: no bank costs for the receiver

### **In case of payment by transfer**

Transfer fee for sender and receiver has to be paid by sender. **(+ 20 euros by transfer in addition)** **During the bank transfer, please indicate the invoice number issued for payment**, the name of the skater, weeks concerned and if it is all include or without accommodation formula.

# OUR CAMP TEAM



Artur Andreyevich Gachinski (RUS)

**- Head Coach**

- Jumps, spins,
- Steps technique
- Speaks English, Russian,

is a Russian figure skater. He is the 2011 World bronze medalist, the 2012 European silver medalist, the 2010 World Junior bronze medalist, and a Two-time Russian national silver medalist.



Mikaylov Nikita (RUS)

**- Coach**

- Technical specialist
- Jumps, spins, steps technique
- Choreographer
- Speaks English, Russian,

Former Russian international junior and senior skater, Nikita Miklaylov skated as professional skater before becoming coach. He had a strong experience as Professional skater, Russian, Bulgaria, Romania, Kazakhstan and Israel. Nikita did many camps with Tatyana Tarasova, Alexei Mishin.



### Moiseanu Codruța (RO)

#### **- Coach**

- Jumps, spins, steps technique
- Speaks Romanian, English, Turkish

Former Romanian international junior and senior level skater (National Junior and Senior Champion), She is almost 25-year coaching in regular bases in Romania, Europe (Nederland) and in Turkey.



### Samsa Emre Yunus (TR)

#### **- Coach and the Leader of Camp**

- jumps, spins, steps, technique
- Off-ice expert
- Physical Preparation
- Speaks Turkish, English, Romanian, Moldavian,

#### **Specialty**

- Vestibular Stimulator expert (Electric Spinner)
- Technical Pole Harness Specialist

Bachelor to physical education and sports sciences, Samsa is figure Skating Coach since many years. He works as off-ice expert with the skaters of Holland ice Academy. Samsa organizes strength, stamina, coordination, rotator and mental trainings.



Morus Vadim (RU)

- **Coach**
- Jumps, spins, steps technique
- **Video Analysis Specialist**
- Speaks Russian, English

#### **Development of figure skating techniques**

I offer an effective combination of video analysis expertise and a technical knowledge of figure skating to help you develop a unique coaching experience to your athletes.

Over expertise includes most disciplines of figure skating (synchronized skating, theater on ice, ice dance, pairs and figure skating).



#### **Physical Therapist- Physio**

Holland Ice Academy is really pleased to welcome **Marloes KOP**, our physical therapist

She will be there during the camp. She uses multiple approaches, including exercises, stretches, soft tissue manipulations and manual techniques, massage and taping.

Former dancer, Marloes always been interested in working with professional athletes, especially dancers, skaters and gymnasts.

It will be her first year with the Holland ice Academy

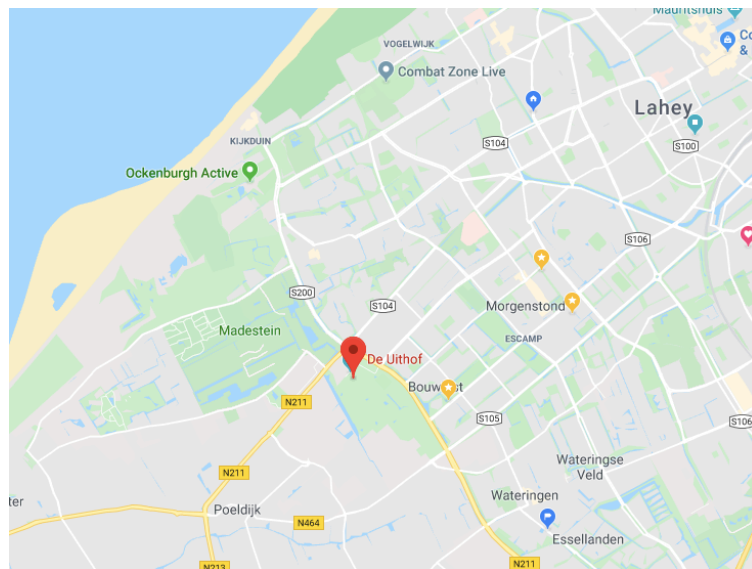
# COACHING AND LESSONS

We offer the highest quality instruction possible in all areas of figure skating. Our coaches are among national, international and world professionals. They used to training skaters from beginners to elite level in many different countries. Our coaching team acquired the necessary knowledges to provide an enriching experience. All instruction focused on the needs of each skater. Private lessons are arranged during the camp with our coaches and provided for an additional fee.

## LOCATIONS

### Uithof Address:

<https://www.google.com/maps/place/De+Uithof/@52.0388048,4.231828,15z/data=!4m5!3m4!1s0x47c5b16338be0a37:0x822bcbfec341ff2!8m2!3d52.0381257!4d4.2409194>



About Uithof 1

<https://www.deuithof.nl/en/about-us/>

About Uithof 2

<https://www.youtube.com/watch?v=lCrI-LJdeUY>

About Uithof 3

<https://www.youtube.com/watch?v=GJY2-SxFLAg>

- [Airsoft](#)
- [Archery](#)
- [Arrow tag](#)
- [Bootcamp & Obstacle Club](#)
- [Bungee Soccer](#)
- [Bumper Ball](#)
- [Bumperball on Ice](#)
- [Climbing and bouldering](#)
- [Curling Clinic](#)
- [E-karting & Games](#)
- [Fitness](#)
- [Ice-skating](#)



# ABOUT THE ACCOMMODATION

[https://www.tripadvisor.com/HotelsNear-g188633-d3961718-De\\_Uithof-The\\_Hague\\_South\\_Holland\\_Province.html](https://www.tripadvisor.com/HotelsNear-g188633-d3961718-De_Uithof-The_Hague_South_Holland_Province.html)

## HEALTH & INSURANCE

Please note that every skater has to take care about a medical insurance for the period of the camp. Don't forget to take your blue EU card or international traveling insurance. Water: It is safe to drink a tap water in Netherlands, which is the country with one of the best quality tap water in the world.

## RESPONSIBILITY

We as organizers take not charge of you and your health. We ask all minor skaters to travel with their parents or a responsible person. If there will happen something to you during practice session, we will care about to bring you to doctor or hospital. Out of practice hours it is your personal responsibility. For injuries and illnesses all skaters have to have a health-insurance for the camp. Participants must provide their own insurance. The organizations are not responsible for damages caused by the Holland ice Academy Camp participants to a third party. Participants will be responsible for any damage caused to third party and will cover any costs due by the damages caused.

## REFUND POLICY

### **Cancellation of your registration is possible in this condition**

It is possible to cancel the camp with full restitution of the fee until 90 days before the beginning of the camp. Between 90 and 61 days, we will return 60% of the paid sum. Between 60 and 31 days, 40% of the paid sum. 30 days before the beginning of the camp, no restitution of fee.

## GENERAL RULES OF THE CAMP

According to many years of summer camp, we fixed some big lines regarding behavior during the camp. This line is a guideline on the way to harmony and perfect training ambient. Thanks, by advance to apply. Thanks, you for reading and taking it like a life moto during your stay.

- Being respectful with all members of the camp (Coaches, skaters or other people in the center)
- Giving the best every day at every training session to reach my personal goals
- No tobacco, no drugs, no doping products and no alcohol in any case in the center
- No entertainment communication allowed in the rooms between 22:00 and 7:30 for a better quality of work on and off-ice and to prevent injury due to bad quality resting time.

Entertainment communications mean laptop, tablet or smartphone communications like messenger, skype or equivalent and SMS phone communications. The phone could stay switch on for only important use

Vestibular simulator a new training apparatus! Vestibular Simulator new training apparatus is intended for training vestibular stability and increases the athlete's ability level to multi-turn jumps. The number of places is limited so be sure to register early!

WELCOME!

**We look forward to seeing you on camp!**

Holland Ice Academy  
&  
Nikita Mikhaylov

E-mail: [hollandiceacademy@gmail.com](mailto:hollandiceacademy@gmail.com)  
Web: [www.rastihollandiceacademy.nl](http://www.rastihollandiceacademy.nl)  
FB: <https://www.facebook.com/icesportsacademy/>  
IG: <https://www.instagram.com/hollandiceacademy/>  
Mobile: +31650841135

# FIGURE SKATER

Name.....

Date of birth .....

Address .....

Club/Country .....

## Camp week(s)

- Week 1 (arrival 17 June - 24 June 2020)
- Week 2 (arrival 23 June - 01 July 2020)

## Skating level

- Working on 2 Axel and triple jumps
- Working on double jumps
- Working on Single jumps and 1 Axel

Phone number.....

Email.....

Allergies.....

Interest of creating a program choreography                      YES - NO

Interest of a vestibular simulator                                      YES - NO

Interest of transport from the airport (arrival)                      YES - NO

Interest of transport to the airport (departure)                      YES - NO

I have read and agreed with the terms and conditions                      YES

I understand that the deposit of 190 € is an integral part of the application                      YES

I agree with the processing of personal data for the purpose